



Spring 2020 Newsletter

Issue 2

Conferences and training events

The current situation is meaning I am having to get used to a whole new way of working, and alter some of my planned events.

Maternal Mental Health Conference - 26th June 2020

I have had to push my maternal mental health conference back a couple of months but I would still like for it to go ahead as I feel that focusing on maternal mental health is more important now than ever.

Speaking to many expectant mums and new mums at the moment, many are feeling isolated and worried about the journey ahead. Raising awareness of the topic is crucial so we can all offer the support that is needed at the right time.

I have decided to hold this conference online and all resources will be sent out via email after the event.

The line up at the moment includes Author and speaker Elaine Hanzack, Campaigner for Dads mental health Mark Williams, Chair of South Cheshire Maternity Voices as well as a panel of lived experiences.

Plus more speakers to be confirmed shortly.

Women and Girls Conference - 9th October 2020

This year I am planning my first Women and Girls conference in line with International Day of the Girl, on 9th October.

I am currently in talks with Chester

University to host the event, I already have a great line up of speakers wanting to be involved just waiting to confirm the date for them to be confirmed. Please follow the event on Facebook to be kept upto date.

Setting up a Private Practice - 3rd July 2020

This course is for qualified counsellors who are considering setting up in private practice and newly qualified counsellors considering setting up in private practice, and will include a checklist of requirements, safeguarding, record keeping and more.

Please see my website for more details of all events and to book tickets.



I have started a new project looking at bringing together a series of short stories, blogs, poems and quotes of mums experiences of Motherhood.

Please get involved!

I want to capture the full journey of Motherhood from planning to become a mum to being a grandma, with a series of words.

There is nothing more powerful than a piece of writing that others can relate to, so please don't be shy, put pen to paper and send me your work.

Please email work to kablakemore@gmail.com

It would be great to have a picture of you/your family to go with the writing.

By sending work to me you are agreeing for me to use on my social media platforms.

Each month will be a different theme for focus on capturing the full journey of Motherhood, the themes for the first 6 months are:

May - When do you know you are ready to start the Mothering Journey?

June - pregnancy experiences.

July - Those first few weeks

August - The bit in the middle, work, school, the parties etc.

September - Empty Nest, when it all quietens down.

October - The grandparent days.

Please follow my new Instagram channel [@mumsthewords2020](https://www.instagram.com/mumsthewords2020) where I will be sharing the stories and pieces of work.

My latest blogs

The current lockdown is providing many challenges, a couple of my recent blogs reflect on them.

Supporting employees when lockdown ends

The longer the lockdown goes on, we will all fall into a routine that is becoming our new way of being. As we start back to work and start to move back to some aspects of normality, employers need to be aware that it will be a big adjustment. Self care and wellbeing needs to be on the agenda for all

employers so that when staff return to work the right support is in place for them.

Supporting new Mums after lockdown

I am currently planning out the right support we can offer new and expectant mums in Cheshire to support them both practically and emotionally during lockdown and for the months after.

To read the full blogs and discover more, please visit:

www.kateblakemore.com/letstalkmore

My podcasts

Now that I no longer host my Motherwell Radio Show, I really miss the opportunity to interview amazing women and find out more about them. Therefore, I plan to host my own Podcast and continue to bring you more inspirational and motivational stories. Podcast episodes will include one the following topics:

“In conversation with”

A series of interviews with people that have knowledge on a full range of topics. Starting with Sally Carmen from Coronation Street, Brookside producer Phil Redmond and campaigner Sammy Woodhouse.

“Jobs for the girls”

A series of interviews with women in job roles normally associated with males. These include, both Hannah and Hannah, 2 female fire fighters, local female priest Catherine Cleghorn and Captain and team members of Crewe Alex football team.

“Lets keep talking”

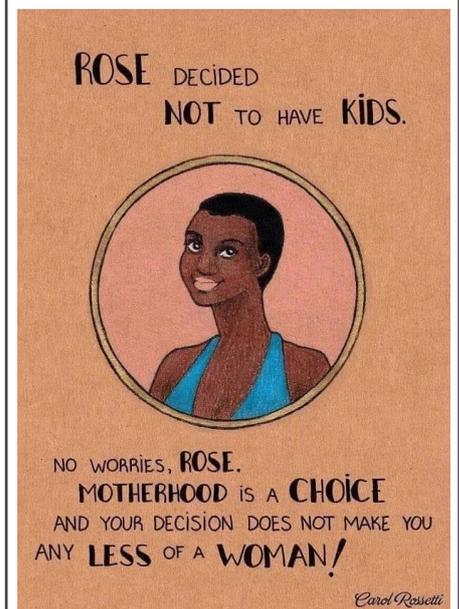
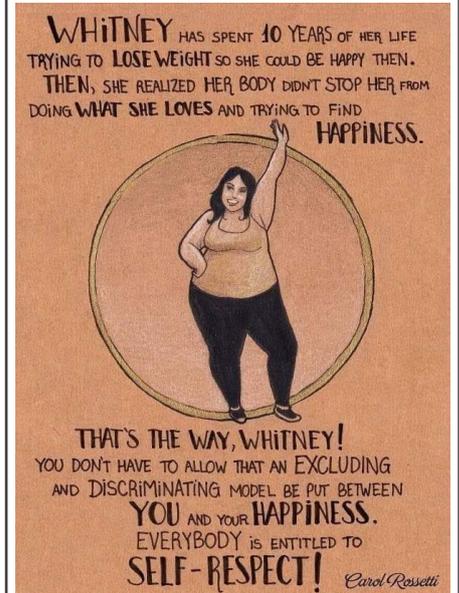
Continuing with the topic on my radio show "Lets talk more", I am going to continue talking about topics that rarely but absolutely need to be spoken about. These interviews will include, Mark Williams talking about male post natal depression, Chief Inspector Clare Jesson on grooming and Actress Sophie Osbourne on how acting has helped improve her mental health.

Keep an eye on my website or social media channels for links to the podcasts coming soon.

Would you like to be a guest on my Podcast? Drop me an email at kablakemore@gmail.com and let's have a chat!

The Women's Project

Recently I came across the Brazilian artist Carol Rossetti who did a project called the Women's project, promoting inclusivity for all women. I have been sharing her beautiful images on my Facebook, here are a few examples.



See more of Carol's work at:
www.carolrossetti.com.br/women

